



FREE

Information for older adults, adults with disabilities, their families, and caregivers.

Choices

**December
2024**

**Serving Langlade, Lincoln,
Marathon, and Wood Counties**

In this issue:

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Good Grief! It's the Holiday Season

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December Spotlight



www.adrc-cw.org

888-486-9545



ADRC-CW MISSION:

The Aging and Disability Resource Center of Central Wisconsin promotes choice and independence through personalized education, advocacy, and access to services that prevent, delay, and lessen the impacts of aging and disabilities in the lives of adults.



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345920

Subscription Information

The newsletter can be mailed to you for a small fee of \$12.00 annually. Subscriptions for our four-county service area run January to December and can be mailed to any location.

Please mail your name, address and payment to our
Wausau Office:

ADRC-CW - Monthly Newsletter
2600 Stewart Avenue, Suite 25
Wausau, WI 54401

Senior Nutrition Program

Contact us to learn more: **888-486-9545** or <https://www.adrc-cw.org/services/meals-for-seniors/>

Senior Dining and Cafe 60: Nutritious meal, socialization, and education. Eligibility: • Age 60 or older, • A spouse of an individual who is age 60 or older, • Person with disabilities living with a participating older adult, • or Person with disabilities who is under age 60 and resides at Jenny Towers, Merrill.

Senior dining requires a reservation by noon one business day prior.

Meals on Wheels: Nutritious meals delivered with a well-check.

Eligibility: Person 1) age 60 or older; 2) generally unable to leave their home due to accident, illness, disability, frailty, or isolation; AND 3) unable to prepare meals.

Also eligible: • A spouse of an eligible person (as described above) • Person with disabilities who is under age 60 and resides with an eligible older person.

Staff complete individual assessments to discuss eligibility. Hot meals delivered weekdays dependent upon route availability. Frozen meals are available based on needs.

Meals on Wheels deliveries are scheduled. If you are unable to be home for your scheduled delivery, contact the ADRC-CW by noon one business day prior to the scheduled delivery.

Suggested contribution:

Senior Dining: \$4.50 per meal | Café 60: \$5.00 per meal | Meals on Wheels: \$5.00 per meal.

No eligible person is denied service due to ability to contribute. Your contribution makes a significant difference to our program.

PUBLISHER

Patrick J. Wood

GENERAL MANAGERS

Dave Wood

dwood@mmclocal.com

Tim Schreiber

tschreiber@mmclocal.com

PRINTER

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ADVERTISING INFORMATION

Wausau Buyers' Guide

715-842-4424

Merrill Foto News

715-536-7121

Marshfield Buyers' Guide

715-384-4440



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Serving Langlade, Lincoln, Marathon, and Wood Counties

Toll free: 888-486-9545 Email: adrc@adrc-cw.org Website: www.adrc-cw.org

We provide welcoming, trustworthy, respectful, collaborative, and empowering services, programs, and opportunities.

All programs are **free**
Registration is required
888-486-9545
Contributions are welcome

Support Groups

Your role in caregiving will be much more enjoyable if you have someone to talk to and share with.

Caregiver Support Group: The ADRC-CW support group for caregivers include both in-person and virtual participation options.

The group meets the **4th Monday** of each month. Call for group details near you.

Monday D.I.S.H.

(Dementia Informed Super Heroes):

This virtual support group is intended for those working caregivers who are supporting a parent, spouse or other loved one living with dementia.

The group meets on the **1st Monday** of each month from 7-8pm

Alzheimer's & Dementia Caregiver Support Group:

Alzheimer's Association sponsored caregiver support group in partnership with the ADRC-CW is a safe place for family and friends caring for someone living with Alzheimer's or another dementia.

Two options to meet:

2nd Tuesday of each month:

9-10:30 am at St. Andrew Lutheran Church in Rib Mountain or

4th Tuesday of each month from 9-10:30 am at Covenant Community Presbyterian Church in Weston

ADRC-CW Programs

Topic Tuesdays

*Rotates throughout the region.

Visit www.adrc-cw.org/classes/topictuesdays/

for location details

Dementia Basics: Every **3rd Tuesday** of the month. For anyone interested in learning more about dementia.

Brain Health Basics: Every **4th Tuesday** of the month. For anyone interested in learning more about taking care of the brain.

Medicare Basics

Learn the basics of Medicare for those new to Medicare or those enrolling soon. Medicare parts A-D are explained. Classes held monthly and open to all regional customers.

Memory Cafe

This social activity is for individuals with mild or moderate dementia AND a family member or friend who assists them. The Cafe is held monthly with varying activities & locations.

Stepping On

A seven-week class to help adults better their balance. In this once weekly interactive class, learn about balance and strength exercises, safety at home, and ways to be strong and steady wherever you go.

Powerful Tools for Caregivers

A six-week class to help family caregivers take care of themselves. In this once weekly interactive class, learn to reduce stress, improve confidence, communication, and locate helpful resources. This class is not intended for professional caregivers.

Ask a Benefit Specialist

Answers to your public and private benefit questions

Dear Benefit Specialist:

I've only had Medicare for a few months. When I first enrolled, I chose a Medicare Advantage Plan. So far, I have had no issues and am happy with my coverage. However, a friend told me that she switched her Advantage Plan during the Open Enrollment Window and will get a new Advantage Plan for 2025. I had no idea I was supposed to review my coverage every year! Am I stuck?
Sincerely,
Missed the Window

Dear Missed the Window:

The muddy answer to your question is, "maybe." You're not alone in your confusion regarding all of the Medicare enrollment windows. There are a lot, and they are different for everyone!

Every year, Medicare allows individuals to review and change their Part D or Advantage Plan coverage for the following calendar year. This window is called the Annual Open Enrollment Period. This runs from October 15 through December 7. If a person fails to change their coverage during this window, they may have to stay in their current plan for another calendar year.

For people currently enrolled in a Medicare Advantage Plan, Medicare has a second election period.

This is called the Medicare Advantage Open Enrollment Period, and this runs from January 1 through March 31. During this window, you can review your current Advantage Plan and switch to a different plan. Your new plan will go into effect the month after you submit the application. (You must currently be enrolled in a Medicare Advantage Plan to utilize this special enrollment period.)

So, what should you do?

- **Contact** your current Advantage Plan. Since you have been happy with your coverage thus far, there may be no need to change.
- **Confirm** with your Advantage Plan that your doctors, hospitals, and pharmacies are still within network.
- **Ask** how your plan will cover your prescriptions for the upcoming year.

If you are happy with the answers you receive, there is no need to switch coverage!

If you still have concerns for 2025, you can review your coverage options by contacting your local Benefit Specialist here at the ADRC-CW, reviewing options on Medicare.gov, calling 1-800-Medicare, or by contacting a different Advantage Plan directly.

Sincerely,
Your Local ADRC-CW Benefit Specialist

Ask a Resource Specialist

Answers to your housing, transportation, long-term care questions

Dear Resource Specialist:

I am working on a plan to keep my elderly parents safe in their home. Is there any information you can offer me regarding fire safety?

Sincerely,

Better Safe than Sorry

Dear Better Safe than Sorry:

Fire prevention and safety should be a particular concern for older adults and their loved ones. The National Fire Protection Association notes that seniors 65 and older carry twice the risk of injury and death in a fire compared to the general population. Injuries and fatalities can be prevented by implementing a few tips in the home. People have, at most, 2-3 minutes to safely exit a home that is on fire.

Homes today are built with more plastics and chemicals that can combust at a quicker rate making the home go up in flames faster.

Tips to safely exit a home on fire:

- Practice an exit route and make sure the route is kept clear. Do not block the exit.
- Have a backup route planned in the event that you are not able to execute the first plan.
- Practice both routes!
- If smoke is present during the route exit, attempt to cover your mouth and stay low.

The National Fire Association indicates that the leading cause of fire fatalities for people aged 55-84 are related to smoking materials, and age 85 and greater is related to cooking materials. Unattended cooking is the number one cause of at home fires.

Tips to stay safe while cooking:

- Always stand by the pan - never leave it unattended.
- Turn pot handles toward the back of the stove to prevent accidental bumping.
- Keep areas around the stove clear.
- Keep baking soda handy, as water can splash and spread the fire.

Heating equipment poses a fire risk in the home. U.S. Fire Administration recommends having your home's heating equipment serviced once a year and having a professional clean your chimney.

Prevention and planning go a long way with fire safety in the home. Remember to check your smoke alarms monthly, replace the batteries twice a year, and replace the alarms every 10 years. Place fire extinguishers in multiple rooms, cook safely, and establish a fire exit plan. Be safe out there.

Sincerely,

Your Local ADRC-CW Resource Specialist

Senior Nutrition

888-486-9545

December 18: Christmas Celebration

December 24 & 25: Closed for Christmas

December 30: New Year Celebration

December 31: Closed for New Years

January 1: Closed for New Years

Langlade County

Antigo Community Church

723 Deleglise Street, Antigo
Serving Mon Tue Thu Fri 11:30 am

Elcho Community Center

N11234 Dorr Street, Elcho
Serving Mon Wed and Thu 11:30 am
Bingo with the Community Center:
Wed at noon

St. Mary's Church

N9155 Hwy 55, Pickerel
Serving Mon and Wed 11:30 am
Bingo with the church: 2nd Monday at
12:30

Senior Center of Langlade County

623 Edison Street, Antigo
Serving Wed 11:30 am
Bingo with the Senior Center: Wed at
1:00

Lincoln County

Gleason Lions Club

N5179 Bradley Street, Gleason
Serving 3rd Wed of the month 12:00 pm

Jenny Towers Apartments

711 E 1st Street, Merrill
Serving Mon – Fri 11:30 am

Tomahawk Senior Center

113 S Tomahawk Avenue, Tomahawk
Serving Mon – Fri 11:30 am
Bingo with the Senior Center:
Thursdays at 12:30

Marathon County

Mama K's Diner - Café 60

Formerly The Wild Steer
214910 State Hwy 97, Stratford
715-321-3400
Serving Mon - Fri 6:00 am - 1:00 pm

Vino Latte - Café 60

3309 Terrace Court, Wausau | 715-849-9787
Serving Mon-Fri 6am-7pm | Sat 8am-2pm

Hmong American Center

1109 N 6th St, Wausau 54403
Serving Thursdays at 4:30 pm

12/5: Steamed Catfish with Herbs

12/12: Beef Stir Fry with Baby Bok
Choy, Lemongrass & Ginger

12/19: Pork and Mustard Green Boil
w/Ginger

12/26: Boiled Chicken with
Lemongrass & Hmong Herbs

Wood County

2nd Street Community Center

211 E 2nd St, Marshfield
Serving Mon – Fri 11:30 am



Centralia Center

220 3rd Avenue South, Wisconsin Rapids
Serving Mon – Fri 11:30 am
Frequent Diner Prize the last day of the
month
Funny Friday Share your funny jokes or
stories

Nekoosa Community Center

416 Crestview Lane, Nekoosa
Serving Mon and Wed 12:00 pm

**Reservations are required by
noon one business day prior.**

ADRC-CW office hours
Monday-Friday – 8AM-4PM

December Nutrition Menu 2024

888-486-9545

Please call by noon one business day prior to reserve or to cancel a Senior Dining Meal or Meals on Wheels delivery. ADRC-CW offices hours: Monday-Friday 8am-4pm

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cabbage Roll Casserole Country Trio Veggie Whole Wheat Bread Pineapple Fudgy Black Bean Brownies	3 Beef Vegetable Stew Biscuit Whole Kernel Corn Dark Greens Salad Dressing pkt Cookie	4 Swiss Steak Twice Baked Mashed Potatoes 3-Bean Salad Rye Bread Ambrosia Fruit Salad	5 Chicken Florentine Penne Pasta Cauliflower Mandarin Oranges Fruit Pie Square	6 Lemon & Herb Chicken Baby Reds Carrots Biscuit Diced Pears
9 Seasoned Baked Fish Parsley Buttered Potatoes Tartar Sauce Carrots Rye Bread Banana	10 Seasoned Baked Chicken Sweet Potato Gravy Pacific Veggie Blend Whole Wheat Bread Strawberries & Yogurt	11 Ham on Marble Rye w/ Romaine Leaf & Tomato Slice Mayo Navy Bean Soup Crackers Peach Slices	12 Swedish Meatballs Mashed Potatoes Diced Squash Multi Grain Bread Pineapple Chocolate Cake	13 Italian Rigatoni Casserole Green Beans Dark Greens Salad & Dressing Garlic Breadstick Gingerbread Cake
16 Spaghetti & Meat Sauce Dark Greens Salad Dressing Garlic Breadstick Mandarin Oranges Pineapple Cake	17 Sliced Turkey Sandwich WW Bread w/ Mayo Romaine Leaf & Tomato Slice Tuscan Bean Soup w/ Chicken & Sausage Crackers Peach Slices Cookie	18 Roast Beef Mashed Potatoes Gravy Diced Beets Whole Wheat Roll Chocolate Mint Cake Christmas Celebration	19 Crustless Chicken Pot Pie Steamed Broccoli Green Beans Biscuit Pumpkin Bar	20 Pulled Pork On a Bun Scalloped Potatoes Creamy Coleslaw Honey Bee Fruit Salad
23 Split Pea Soup Crackers Chicken Salad w/ Craisins on Croissant with Lettuce Leaf Mandarin Oranges Peach Upside Down Cake	24 Closed for Christmas Holiday	25 Closed for Christmas Holiday	26 Lemon & Pepper Fish Tartar Sauce Baked Potato Sour Cream Dill Carrots Rye Bread Applesauce	27 Kielbasa w/ Sauerkraut Twice Baked Mashed Potatoes Peas Rye Bread Fresh Grapes
30 Chicken Breast w/ Mushroom & Bacon Sauce Brown & Wild Rice Blend Brussels Sprouts Apple Slices Banana Cake New Year Celebration	31 Closed for New Year Holiday	1 Closed for New Year Holiday	2 Lasagna Whole Kernel Corn Mixed Greens w/ Dressing Garlic Breadstick Fruit Jell-O Dessert	3 Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Pineapple Carrot Cake Apricots



Milk served with each meal. Menus subject to change. Suggested contribution: Senior Dining: \$4.50 per meal; Meals on Wheels: \$5.00 per meal. No eligible person is denied service due to ability to contribute. Your contribution makes a significant difference to our program.

The Aging Plan: 2025-2027

Erin Wells, Director of Aging and Wellness

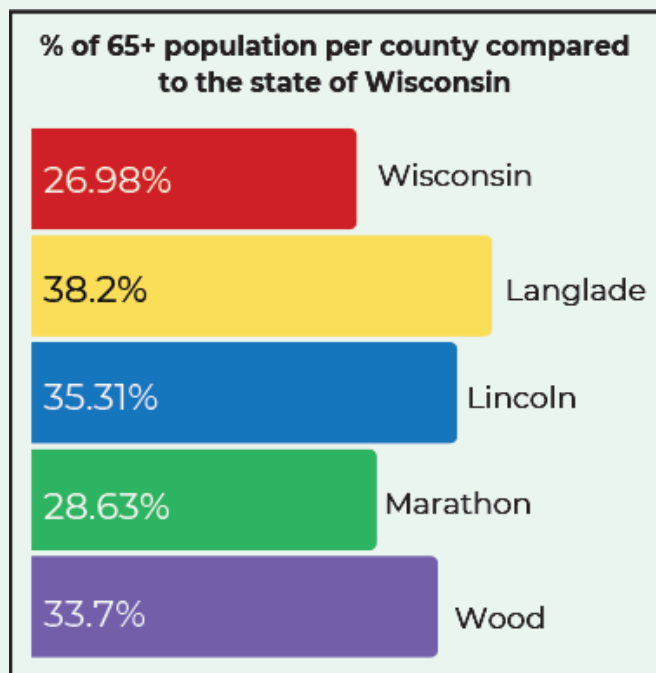
Since 1965, the Older Americans Act (OAA) shaped how older adults were supported by offering community based programs and services focusing on independence and quality of life (acl.gov). The Aging and Disability Resource Center of Central Wisconsin takes the lead in implementing some of the initiatives, such as Senior Nutrition, Prevention, Caregiver Support, and others. Every three years, an Aging Plan is developed to set priorities for the programs that are funded, in part, by the OAA.

The Aging and Disability Resource Center of Central Wisconsin released the 2025-2027 Aging Plan. The Aging Plan is developed with direction from the Greater Wisconsin Agency on Aging Resources, Inc, demographic data and community input. Staff, Advisory Committee, Board Members, community members and partners provided valuable feedback during the creation of the plan.

As an integrated Aging Unit and ADRC, the ADRC-CW Aging Plan involves goals and strategies for enhancing services provided for older adults and adults with disabilities.

With goals centered on providing clear, person-centered information, creating advocacy opportunities and communicating with all stakeholders to provide support for programs and services, sustaining vital senior nutrition programs despite limited resources, addressing the rising issue of falls among seniors with creative solutions, and strengthening support for family caregivers, the plan is a blueprint for meaningful impact.

The Aging Plan recognizes the population of older adults throughout the ADRC-CW region as compared to the state average (Wisconsin DHS):



The Aging Plan: 2025-2027

Aging Plan Goals:

- Provide clear, person-centered information
- Advocate and provide opportunities for internal and external stakeholders to support ADRC-CW services and needs
- Sustain vital senior nutrition programs
- Address the rising issue of falls among seniors
- Strengthen support for family caregivers

The Aging and Disability Resource Center of Central Wisconsin recognizes the resilience, creativity, and dedication from staff, Advisory Committee, Board Members, volunteers, caregivers, and community members who helped shape the goals and will be involved in their implementation. Together with the community and partners, we will create communities that support, value, and empower older adults and adults with disabilities, their families, friends, and support networks.

To explore the full 2025-2027 Aging Plan, visit our website at www.adrc-cw.org. Navigate to the “Who We Are” tab, scroll down to “Annual Reports” and select the “Learn More” button.

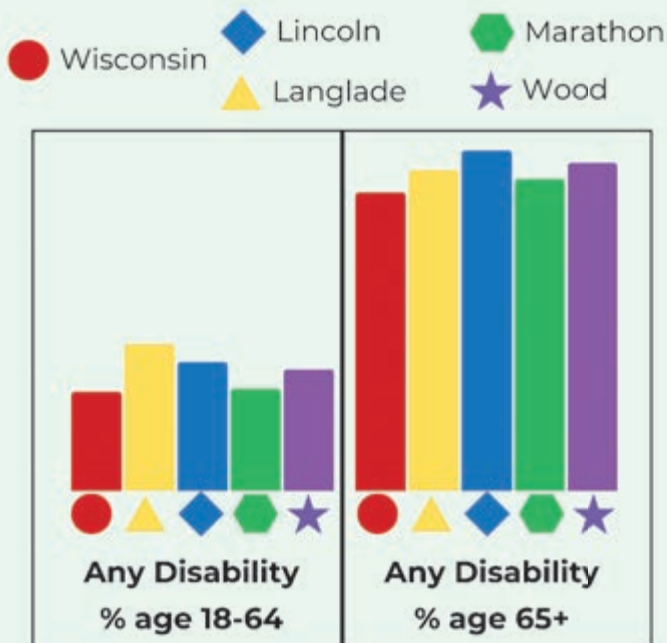
If you’d prefer a copy by email or mail, contact the Aging and Disability Resource Center of Central Wisconsin at 888-486-9545 or email adrc@adrc-cw.org.

Sources:

<https://acl.gov/OARule#:~:text=About%20the%20Older%20Americans%20Act,modified%20on%2007/15/2024>

<https://www.dhs.wisconsin.gov/aging/demographics.htm>

According to Wisconsin Department of Health Services, the US Census American Community Survey’s percent of those reporting a disability (hearing, vision, cognitive, ambulatory, self-care, or independent living difficulties):



Good Grief! It's the Holiday Season

Jenny Pagel, Resource Specialist

It's the holiday season. . . a time that's supposed to be filled with family, cheer, gatherings, and gift-giving. Or at least that's what we've trained ourselves to think. For many people, the holidays can be a time of loneliness, sorrow, worry, and stress – and for even more people, it can be a mixture of millions of emotions all at one time.

All of those emotions can make the holidays challenging. This will be my first holiday without my dad – the only man in my life that has literally been there for me for every single holiday season I've ever lived through. He was the man who ran home from Christmas Eve mass to tuck gifts under the tree and create the magic of gift-giving. He was the one to utter a couple of spicy words as he tried to position the Christmas tree in its stand so that it didn't crash down mid-holiday season. He made me countless Christmas gifts by pouring his love for me into his amazing craftsmanship - making furniture, doll closets, a play kitchen, whatever might have been on my list – both when I was a child, as well as an adult.

I'm not sure of what emotions I'll experience this year as our family is gathered, and his light is not there. I anticipate a couple of silent tears. I'm hopeful that the reminiscent laughter outweighs the sorrow. One thing I do know is that I will make an effort to allow myself to feel all of those emotions.

I will also find ways to honor my dad's memory. I have plans to create a simple ornament to remember him and acknowledge him in my holiday celebrations. Maybe I'll attempt to create his peanut bar recipe and smile as I remember him and my mom grinding peanuts at the kitchen table with the old fashioned meat grinder. Another idea is to purchase an extra gift for someone in a nursing facility to acknowledge the random kindness he experienced last Christmas while he resided in a memory care facility.

It doesn't need to be elaborate or take a huge amount of energy or money - whatever I decide to do, he will still be a part of my holiday, and I'll make a conscious effort to find moments of joy, despite missing him.

Here's wishing you a holiday filled with moments of joy.



SUBARU **share the love** EVENT

The **Share the Love Event** is back to help deliver meals and support to America's seniors! For every new vehicle bought or leased between Nov 21- Jan 2, Subaru and its retailers will donate a minimum of \$300 to a charity, like **Meals on Wheels**. Find out how to take part. www.mealsonwheelsamerica.org/sharethelove

SENIORS, Caregivers, and Concerned Families...



LATTYAK ELDER LAW LLC

715-359-8833

JANET M. LATTYAK, ATTORNEY
 "LEGAL SERVICES FOR AGING ON YOUR TERMS"

50814



Toll-free Helpline:
888-818-2611
 Email: smp-wi@gvaar.org
www.smpwi.org
 WisconsinSeniorMedicarePatrol

347523

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PROTECT
 your personal information



DETECT
 suspected fraud, abuse, and errors



REPORT
 suspicious claims or activities



Call us with questions about billing errors, scams and medical identity theft

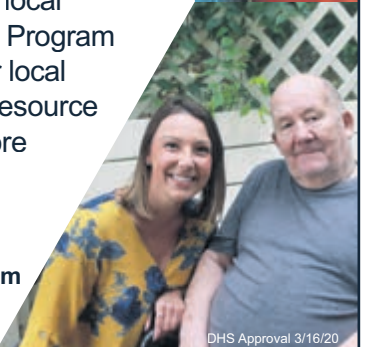
SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

**Your Needs.
 Your Independence.
 Your Best Life.**



Lakeland Care is your local option for Family Care Program services. Contact your local Aging and Disability Resource Center (ADRC) for more information.

www.lakelandcareinc.com



DHS Approval 3/16/20



234220

Winter Memories

Mike Rhea - Executive Director

What is your favorite memory of winter? I grew up in the Midwest and always had the “blessing” of experiencing winter weather each year. I grew up in a medium sized town in Illinois, not far from the border of Wisconsin, called Freeport. Home of the Freeport Pretzels - yes, that is really the name of my high school mascot.

While growing up in Freeport in the 80's, I remember many years that had huge snow storms. Honestly, maybe it was because I was younger, and nostalgia has set in, but growing up, I remember gigantic piles of snow that make the snowfalls of today seem insignificant. One of my favorite memories is my dad driving down my grandma's lane through the snow. It seems like a basic task and not something that should conjure up a great childhood memory, but this wasn't just any lane, and these weren't just any snowfalls.

My grandma lived on a small hobby farm in northwest Illinois which is pretty flat with lots of open fields. In the summertime, those fields are full of corn and soybeans, but in the winter they are barren, and the wind whips through them. When it snowed, that wind blew the snow all over - causing huge drifts, and making it nearly impossible to see where you were going. My grandma's lane was long, and in the middle, it was cut through a hill.

This area tended to fill up with snow and cause a huge snow drift that was impossible for most cars (and humans) to pass through.

This huge drift of snow created a great challenge for my dad. The only way to get to Grandma's house was either to park the car at the top of the lane and walk down through the deep snow or if you were risky and determined, you could try to drive through the drift. My dad always chose the challenge of driving through.

I can still remember the excitement as we turned into the lane. Would we make it through or would we spend the rest of the day shoveling out the car?

Then the look on my dad's face, a little smirk, and the press of the gas and we were off. Weaving, sliding, spinning, hitting the gas at just the right time and at the right speed. He always seemed to make it through the impossible and ended with a giant belly laugh.

Laughing with accomplishment, laughing at the other relatives who thought he was crazy and at the ones who parked at the top and walked down. For as long as I live those moments will be cemented in my memories.

I lost my dad almost 5 years ago, but having these memories help ease the sting of winter. When I see one of those snow drifts I get a little smirk and give it some gas...

December Spotlight

Thank you

First United Methodist
Church of Wausau:
Donation to support
Memory Cafe
Robert & Marlaine Heschke
Marge Fockler
Jim and Mary Benak
Pat and Leroy Christensen
Dale and Donna
Hanneman
Linda Brost
Carleen Kriz
Sharon Buchberger
Cathy Reinke
Pat Snyder
Anonymous



Ramp Season Recap 2024

Rotary Ramp was new for 2024 after a hiatus. The ADRC-CW received one application and Rotary Ramp completed one ramp build for 2024. Their funding is very limited and anticipate only building 1-2 ramps each year. Ramp Up Marathon County had a total of four builds for 2024.

Volunteer Spotlight

Our volunteers play an integral role in our daily operations.

We would like to thank Tomahawk volunteers **Robert Eisenman** and **Jeannie Crass** for **20 years of service**.

We would also like to congratulate **Roger Jensen** on his retirement from driving Meals on Wheels for **10 years** serving Pittsville.

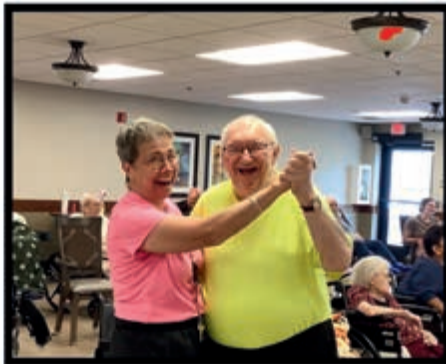


Rennes Group

Assisted Living, Memory Care,
Rehab & Skilled Nursing Services

Est. 1973

EXTRAORDINARY LIVES DESERVE EXCEPTIONAL CARE



Age doesn't define rules for the life we lead. It doesn't set a deadline for learning, engagement or experiences. At Rennes Group, age simply represents the extraordinary lives we're honored to care for every day.

We're guided by a promise to our residents, a commitment to deliver exceptional care focused upon dignity, respect and compassion that creates meaningful experiences and memories. We believe lifelong learning, new experiences and community engagement enhances our residents' lives.

We believe they deserve nothing less than exceptional.

Our community partnerships with local businesses delivers upon this promise through community engagement and life enrichment.

After all, our stories are still being written, and we're happy to help fill the pages.

www.rennesgroup.com

CONTACT US

Rennes Health & Rehab Center-Weston & Rhinelander
Renaissance by Rennes - Weston & WI Rapids

In 1973, the Rennes' began a company that shifted how seniors were cared for as their needs changed. Still run by family, Rennes believes we all have the desire to feel respected. We are your trusted partners in the continuum of care for senior living and are committed to the Rennes difference.

CONNECT
WITH US

